|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| meal | mon | tue | wed | thu | fri | sat | sun |
| lunch | | | | | | | |
| main option 1 | meatballs in a tomato sauce | stone baked pizza served with asst toppings | lasagne & bolognaise garlic bread | chicken frittata  nachos,sour cream | crispy battered fish homemade tartar sce | homemade burger bar | baked potato bar  various hot & cold fillings |
| main option 2 | vegetable stir fry | cheese & onion quiche | macaroni cheese | vegetable frittata | breaded fish fingers  breaded scampi | homemade spicy bean burger |  |
| baked potato bar | baked potatoes & a selection of fillings | baked potatoes & a selection of fillings | baked potatoes & a selection of fillings | baked potatoes & a selection of fillings | baked potatoes & a selection of fillings | baked potatoes & a selection of fillings |  |
| sides | spaghetti/rice  carrots  green beans | potato wedges  broccoli /carrots | pasta  peas | rice  corn on the cob | skinny chips  mushy peas  garden peas |  |  |
| salad bar | selection of salads | selection of salads | selection of salads | selection of salads | selection of salads | selection of salads | selection of salads |
| soup & bread | roasted red pepper | cream of chicken | mushroom | spicy butternut squash | red lentil  soup | minestrone soup | cream of chicken |
| dessert | orange jelly | pancakes & chocolate sauce | cookies  yogurt | lemon syrup sponge | ice cream  choc ice | gingerbread cake | cupcakes |